

San Juan Unified School District

March 2026, Nutrient Analysis

High School Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
MONDAYS				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
COBB VEG SALAD,CRACKERS	SVG	462	*13	44.66
ZESTY CHKN W/ FR RICE	SERVINGS	446	16	80.12
THREE CH MAC,BROC,BUN	SVG	414	7	43.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
SPINACH SALAD(SM)	1.125 CUP	46	*3	6.91
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
JUICE ,100% FRUIT SLUSH	1 each	60	12	15.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

TUESDAYS				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
COBB VEG SALAD,CRACKERS	SVG	462	*13	44.66
CHICKEN WINGS BOWL(FRESH)	BOWL	423	6	35.0
FALAFEL WRAP	SERVINGS	493	20	94.12
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
SPINACH SALAD(SM)	1.125 CUP	46	*3	6.91
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

WEDNESDAYS				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
COBB VEG SALAD,CRACKERS	SVG	462	*13	44.66
ZESTY CHKN W/ FR RICE	SERVINGS	446	16	80.12
CHICKEN WRAP	SVG	360	4	36.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0

CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CELERY STICKS	1/2 CUP	8	1	1.5
SPINACH SALAD(SM)	1.125 CUP	46	*3	6.91
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

THURSDAYS				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
COBB VEG SALAD,CRACKERS	SVG	462	*13	44.66
PIZZA , BBQ CHICKEN	SLICE	350	7	34.0
FALAFEL WRAP	SERVINGS	493	20	94.12
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CARROTS, PKG	2.6 OZ PK	25	3	6.0
CELERY STICKS	1/2 CUP	8	1	1.5
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

FRIDAYS				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
COBB VEG SALAD,CRACKERS	SVG	462	*13	44.66
FISH SANDWICH(FRESH)	SERVING	492	12	53.13
CHICKEN WRAP	SVG	360	4	36.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
POTATO WEDGES	SERVING	130	0	21.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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